



### Alpine Betony

*Stachys monieri 'Hummelo'*

Plant Height: 12 inches

Flower Height: 20 inches

Spread: 18 inches

Sunlight: ○

Hardiness Zone: 4a

Other Names: Betony

#### Ornamental Features

Alpine Betony has masses of beautiful spikes of rose flowers rising above the foliage from early to mid summer, which emerge from distinctive purple flower buds, and which are most effective when planted in groupings. Its glossy oval leaves remain emerald green in colour throughout the year. The fruit is not ornamentally significant.

#### Landscape Attributes

Alpine Betony is a dense herbaceous evergreen perennial with tall flower stalks held atop a low mound of foliage. Its medium texture blends into the garden, but can always be balanced by a couple of finer or coarser plants for an effective composition.

This plant will require occasional maintenance and upkeep, and is best cleaned up in early spring before it resumes active growth for the season. It is a good choice for attracting bees to your yard, but is not particularly attractive to deer who tend to leave it alone in favor of tastier treats. Gardeners should be aware of the following characteristic(s) that may warrant special consideration;

- Spreading

Alpine Betony is recommended for the following landscape applications;



*Alpine Betony in bloom*  
Photo courtesy of NetPS Plant Finder



*Alpine Betony*  
Photo courtesy of NetPS Plant Finder

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- Mass Planting
- Border Edging
- General Garden Use
- Groundcover
- Container Planting

### **Planting & Growing**

Alpine Betony will grow to be about 12 inches tall at maturity extending to 20 inches tall with the flowers, with a spread of 18 inches. It grows at a medium rate, and under ideal conditions can be expected to live for approximately 5 years.

This plant should only be grown in full sunlight. It prefers to grow in average to moist conditions, and shouldn't be allowed to dry out. It is not particular as to soil type or pH. It is somewhat tolerant of urban pollution. This is a selected variety of a species not originally from North America. It can be propagated by division; however, as a cultivated variety, be aware that it may be subject to certain restrictions or prohibitions on propagation.

Alpine Betony is a fine choice for the garden, but it is also a good selection for planting in outdoor pots and containers. With its upright habit of growth, it is best suited for use as a 'thriller' in the 'spiller-thriller-filler' container combination; plant it near the center of the pot, surrounded by smaller plants and those that spill over the edges. Note that when growing plants in outdoor containers and baskets, they may require more frequent waterings than they would in the yard or garden.

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